



March 1, 2024



**Daylight Savings
Time Begins
March 10, 2024
(Put clocks ahead 1 hour)**

Worship Programs with Chaplain Luke:

Tuesday: Devotions with Chaplain Luke
Piano Lounge—10:00 am

Wednesdays: Devotions with Chaplain Luke
11:00 a.m. - Olm Fellowship Hall

Fellowship Hall Catholic Mass

Wednesday, March 6th at 10:00am in Fellowship Hall Catholic Mass with St. Patrick's Catholic Church.

Catholic Communion - Tuesday, March 19th
at 10:00am in the Piano Lounge with St. Pat-
rick's Catholic Church

In Memory of...

Lois Benes
Warney Pickering
Shirley Sebranek



Bible Study is held every Monday morning at 9:30 am in the Private Dining Room with Pastor Samuel Schulz from St. John's Lutheran Church in Whitewater.

Morning Fitness is held Tuesday and Thursday mornings at 10:45 am in Olm Fellowship Hall



Happy Birthday!

★ Mary Jo Allen	5
★ Barbara Korsek	6
★ Kathleen Harenza	7
★ Agnes Hommer	7
★ James “Paul” Green	8
★ Sue Chuppa	10
★ Larry Kyle	12
★ Sharron McCarthy	13
★ Robert Behrens	15
★ Mary Barnes	16
★ Mary Lemke	16
★ Nels Wiberg	16
★ Allen Grady	18
★ Karen Christofferson	19
★ James Stevenson	28
★ Adriene Webb	31
★ Calvin “Lee” Gilbertson	31
★ Janet Hafer	31




Area Banks offer services at Fairhaven...

First Citizens State Bank—Thursdays from 11:00 - 11:45 am in the Private Dining Room.

Premier Bank - 10:00-11:00am, Private Dining Room on the 2nd and 4th Fridays. Please call Premier Bank to set up an appointment. **262-473-1111**



 **Interested** in Kings in the Corner, socializing or knitting/crocheting??? Leisure staff is often doing one or both in the Piano Lounge most mornings Monday-Friday. Stop down and join us.

Spring Planting Time!

It's almost time to sow those seeds! Spring is in the air and the vegetable garden has plots available! If you are interested in getting your hands dirty, stop by the front desk and see what areas are still available. Plots are on a first come first serve basis. Even if you have had a plot in the past you will need to reserve a spot.



Skylight Dining Room News

Looking to try something new? Come on down to the Skylight Dining Room on Wednesdays for our noon meal to try one of our “fresh kitchen creations”! Looking forward to seeing you!

Join us on Sunday, March 17th in the Skylight Dining Room for a St. Patrick’s Day Celebration. We would also like to extend an invitation to our Prairie Village Residents for a pickup option. We ask that Prairie Village Residents call the front desk to reserve a meal for pick up at 12:00 on March 17th at the front desk.

Dinner menu as follows: \$16.00

Corned Beef & Cabbage w. Parsley Buttered Potatoes

Irish Soda Bread

Irish Flag Salad (Green Salad w. Oranges, Pears and Pistachios)

Guinness Chocolate Cake w. Irish Buttercream Frosting

OR

Irish Chicken & Dumplings

Irish Soda Bread

Irish Flag Salad (Green Salad w. Oranges, Pears and Pistachios)

Guinness Chocolate Cake w. Irish Buttercream Frosting

Served w. a choice of Guinness, Spotted Cow, or Sparkling Juice

All Reservations Must be Made By March 11th.



Join us on Sunday, March 31st in the Skylight Dining Room For an Easter Celebration. We would also like to extend an invitation to our Prairie Village Residents for a pickup option. We ask that Prairie Village Residents call the front desk to reserve a meal for pick up at 12:00 on March 31st at the front desk.

Easter Dinner \$16.00

Bourbon Brown Sugar Ham

Julienne Carrots w. Whole Green Beans

Colcannon Potatoes

Dinner Roll

Deviled Eggs & Fruit Salad w. Honey Lime Dressing

Tuxedo Cake

OR

Roasted Leg of Lamb

Julienne Carrots w. Whole Green Beans

Colcannon Potatoes

Dinner Roll

Deviled Eggs & Fruit Salad w. Honey Lime Dressing

Tuxedo Cake

Served w. a Strawberry Lemonade Fizz (Non Alcoholic)

All Reservations Must be made By March 25th



Happenings at Fairhaven

Friday, March 1st at 1:15 pm in Olm Fellowship Hall—Bingo w/ UW-W Greek National Honor Society student group.

Saturday, March 2nd at 1:15 pm in Olm Fellowship Hall—Saturday Movie

Monday, March 4th at 10:30 am in Olm Fellowship Hall—Join Amy from Fort Library for Chair Dance class with doo-wop music.

Monday, March 4th from 11:00-12:00 in the Private Dining Room—Voter registration and address change with Marion Burrows. Those that moved off of 4th floor do NOT need to change their address at this time. This will be for those that are not registered and those that are now moves to Fairhaven.

Tuesday, March 5th - Gymnastics Practice Outing- We are loading up the bus again to head over and watch the ladies practice as they gear up for regionals competition. Best part is that there will be activity throughout the entire gym for us to watch. Transportation will leave the front lobby at 3:10 to be there by 3:30 and we will be back by 4:45. If interested in going please sign up at the front desk by Monday, March 4th.

Tuesday, March 5th at 5:45 pm in Olm Fellowship Hall—Bingo w/ UW-W Pre-health student group.

Wednesday, March 6th from 11:00-12:00 in the Private Dining Room—Voter registration and address change with Marion Burrows. Those that moved off of 4th floor do NOT need to change their address at this time. This will be for those that are not registered and those that are now moves to Fairhaven.

Wednesday, March 6th at 1:15 pm in Olm Fellowship Hall—Hoo's Woods Raptor Center program

Wednesday, March 6th at 6:00 pm in Olm Fellowship Hall—Banana split social with UW-W Women's volleyball team

Thursday, March 7th from 11:30-1:00 in Olm Fellowship Hall—Taco Lunch Fundraiser Event. Flyers were distributed to residents and more can be obtained at the front desk. If you would like to participate please sign up at the front desk.

Friday, March 8th at 1:15 pm in Olm Fellowship Hall—Special event with Alpha Sigma Sorority.

Saturday, March 9th at 1:15 pm in Olm Fellowship Hall—Bingo

Tuesday, March 12th at 5:45 pm in Olm Fellowship Hall—Bingo w/ UW-W Fraternity Lambda Chi Alpha

Wednesday, March 13th at 1:15 pm from 10:30-1:30 Sandwich Sisters Food Truck will be outside the front entrance. Order forms will be delivered at the beginning of the month and how to order can be found on the flyer.

Wednesday, March 13th at 1:15 pm in Olm Fellowship Hall—Friends of Fairhaven welcomes the Whitewater Warblers for another energetic concert.



More Happenings at Fairhaven

Thursday, March 14th at 1:15 pm in Olm Fellowship Hall—Klaire DeQuardo, RDN, CD from Aladdin Campus Dining is the Campus Dietitian at UW-W and will be here to share all that Aladdin provides throughout UW-W and the services she provides as the Campus Dietician.

Thursday, March 14th at 2:30 pm in the Piano Lounge—Fresh cheese curd sale. Proceeds for the month of March will go towards the garden project at Hearthstone.

Thursday, March 14th at 2:30 pm in the Skylight Dining Room—Shamrock shake social.

Friday, March 15th at 1:15 pm in Olm Fellowship Hall—Dog treat making with UW-W Women's Soccer Team.

Friday, March 15th at 3:00 pm in Olm Fellowship Hall—UW-W Student Music Program: The cellists of the UW-Whitewater cello studio will present a mid-semester concert of solo works by Bach, Elgar, Faure, and Chopin.

Saturday, March 16th from 10:00 am—Noon in the Front Lobby—Come join the Whitewater Fiber arts Guild for a morning of creating. Bring your knitting, your crocheting, your quilting, your needlepointing, or anything else that you might be working on. Joanne Himebauch will be leading this event.

Saturday, March 16th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie

Saturday, March 16th at 4:00 pm in the Piano Lounge—Saturday Social.

Monday, March 18th at 11:15 am in Olm Fellowship Hall—Listen in w/ Paul Kuenning.

Monday, March 18th at 1:15pm in Olm Fellowship Hall—Come on down and enjoy some classic country music with Cowboy Bob!

Tuesday, March 19th - Breakfast/Lunch outing to Jessica's Family Restaurant- Transportation will leave the front lobby at 10:50am. If you would like to go please sign up at the front desk by Friday, March 15th.

Tuesday, March 19th at 6:30 pm in the Skylight Dining Room—Banana Split Social with Circle K students and Key Club students. Circle K is college and Key Club is high school for the Kiwanis Club.

Wednesday, March 20th from 10:15-11:00am in the Whitewater Conference Room—Eye Glass Adjustments from staff at Davis Duehr Dean

Wednesday, March 20th at 1:15 pm in Olm Fellowship Hall—Drum Circle with Christine Hayes

Thursday, March 21st from 10:00-11:00am in the Whitewater Conference Room—Free Blood Pressure Screenings from Fort Wellness Staff from Fort Hospital.

Thursday, March 21st at 1:15 pm in Olm Fellowship Hall—Come down and enjoy an hour of music from the band Tapestry.

Friday, March 22nd at 10:00 am in the Piano Lounge—Table Games with UW-W Sorority Delta Sigma

Even More Happenings at Fairhaven

Friday, March 22nd at 2:30 pm in the Piano Lounge—Fresh Bread Sale. Proceeds for the month of March will go towards the garden project at Hearthstone.

Monday, March 25th at 1:15 pm in Olm Fellowship Hall—Irish Sing-along with Carol McLernon. Green attire is allowed and a sense of humor is required.

Wednesday, March 27th at 10:15 am in Olm Fellowship Hall—Hymn Sing with Janet Hardt

Wednesday, March 27th at 1:15 pm in Olm Fellowship Hall—We welcome Interim Economic Development Director, Taylor Zeinert to Fairhaven as she will enlighten us to what's been happening and what is about to happen throughout Whitewater.

Special Note about the April 2 Whitewater School Board Election

This information is to answer questions that have been asked about Mr. Larry Kachel's withdrawal from the School Board election. There are two openings on the School Board, and these three candidates' names will be on your ballot:

Larry Kachel (incumbent and current Board president)

Jeff Tortomasi

Maryann Zimmerman (incumbent and current Board vice president)

Should Mr. Kachel receive the largest number of votes, he can decline his re-election or agree to serve. If he were to decline the office, the School Board would interview interested citizens and elect one to serve a one-year term. Should you have further questions about this election, call the Whitewater Schools District Office at 262 472 8700.



A note from our CEO

Wow, it's amazing what architects EUA and contractors VJS can do to a building. So much progress has been made and you can actually see everything beginning to take shape on floors three and four. Our projection for opening these floors is July/August. Pictures of the progress are available on our website as well as the TV screen as you enter the building. Already you can see the openings for the new heating and cooling for each unit and soon windows will begin to be installed. It's exciting to see the changes and being a part of the team helping make them happen.

Board approval has been given for floor two and the Architect plans and the contractor, VJS, are in the process of getting the plans approved by the state and lining up subcontractors for the project. Floor two will present some challenges as they will need to have access to first floor ceilings in some areaswe will work this out as the time approaches...the noise for demolition will be louder than before as it will be directly above us. The good thing is that it will be worth it in the end....

We appreciate each of you and continue to be greatly appreciative of your willingness to be flexible and open to the inconveniences during construction

Paul

Fairhaven Lecture Series - Spring 2024
Mondays, 3:00 p.m. in Fellowship Hall

The World of the Arts

From music to literature, film to poetry, people have been creating and enjoying various forms of art since prehistoric times. The arts bring communities together through entertainment and help to navigate challenging times. The arts help us celebrate achievements, disparage injustices, and educate generations. Join us this spring as we explore the world of the arts throughout history and across the globe.

March 4	Kaftans, Carpets, and the Kaaba: Textiles in the Islamic World —Ashley Dimmig, director, Crossman Gallery
March 11	D.H. Lawrence and the Question of American Literature —Jonathan Ivery, associate professor and chair, Literature, Writing, and Film
March 18	The Handmaiden and the Historical Context of the Japanese Occupation of Korea —Donald Jellerson, associate professor, Literature, Writing, and Film

We want to remind all that the Fairhaven Bus will be running like normal with a pickup at 829 Burr Oak at 2:35 and the Community Center right after. You do not need to sign up for these rides and return ride will happen immediately following the lecture.

All lectures are free and open to the public and are held on Mondays at 3 p.m. in the Olm Fellowship Hall of [Fairhaven Senior Services, 435 West Starin Road, Whitewater](#). Street parking is adjacent to the building. Masks may be required in common areas at Fairhaven Senior Services. Please be prepared on arrival. Unable to attend? Links to videos of lectures, can be found at <http://www.uww.edu/ce/fairhaven>.

March is National Nutrition Month:

Healthy Eating: A healthy diet can help you avoid malnutrition as you age. This is important because, when you get older, you may not need as many calories as you did when you were younger. On average, older adults only need about 1,600 calories a day. Calories need to come from foods that are extra rich in nutrients like vitamins, minerals, fiber, and fluids. Healthy eating can help if you have certain diseases, such as dementia, depression, heart disease, bone health problems or diabetes. Check with your healthcare professional about the best nutrition for you.

Older adults should try to eat:

- **Enough protein.** Older adults may need more than younger ones. At least 2 servings of meats, fish, poultry, eggs, nuts, or beans a day will help.
- **Fiber** to keep your digestion regular and help lower your cholesterol. Five servings of whole grains like whole wheat bread, old-fashioned oatmeal, and brown rice will help. Avoid processed foods like white bread, or instant or sugary cereals.
- **Seeds, and nuts.** They are nutritious and have healthy fats.
- **Fruits and vegetables.** Five services will help an older adult get enough vitamins, minerals, and fiber.
- **Non-fat or low-fat dairy products** (2-4 servings a day), especially if you have osteoporosis (thinning of the bones).
- **Healthy fats**, like those found in olive oil and avocados. Healthy fats are liquid at room temperature. Avoid saturated fats and cholesterol often found in high fat dairy products to help keep your heart healthy.

Learn more about healthy eating as you age at the U.S. National Institute on Aging's **nutrition website** and the Center for Disease Control and Prevention's **healthy eating website**.

Good Friday Worship



On Friday, March 29, at 11:00 am in Olm Fellowship Hall you are invited to attend a service to commemorate the death of our Lord Jesus Christ. We come in sorrow as we remember the pain and suffering he endured for our sake. But we also come in gratitude to remember that because of his sacrifice we have been forgiven and given the gift of eternal life.

We will use the traditional service, "Seven Last Words From the Cross." There will not be a sermon but time for reflection and a brief hymn between each reading. Come and let us remember the love God has shown in Jesus as we remember his death and prepare to celebrate his resurrection.

Chaplain Luke

Holy Week/Easter Article



Although it doesn't get the attention the Christmas season does, Holy Week, which is only a few weeks away, is the most important week of the year for Christians. The gospels are structured in a way that this last week of Jesus' life is the apex of his work on earth. A few days before his crucifixion Jesus said, "Now my soul is troubled, and what shall I say? 'Father, save me from this hour?'" No, it was for this very reason I came to this hour. (John 12:27)

There are many lessons for us as we walk with Jesus through that last week of his life: His determination to face his own suffering, his love for his disciples, the fear the disciples had and their abandonment of Jesus. But the center of Holy week is God's love for and commitment to us. "For God so loved the world that he gave his only begotten son" (John 3:16.) Someone once said, "If you were the only person in the world, Jesus still would have died for you." What amazing love the Lord has for each of us, although we don't deserve it! May we give thanks for the love God has for each of us. And may we also be God's hands and voices as we reach out to share that love with one another.

Friends of Fairhaven/Mini Mart Update

Please join us on March 13th at 1:15 pm in Olm Fellowship Hall for a concert from the Seniors in the Park Warblers. In addition to seeing some faces and hearing some voices you may not know, you will also see that this choir includes some of our own residents. Should you want to contribute to our ongoing projects, we will gladly accept donations at the door.

It's an early Easter, and we are ready for it in the Mini Mart. We have plenty of Easter cards and decorative items. And, of course, we have candy if you need such for an Easter basket.

The Mini Mart, located on Fairhaven's Lower Level, is open Monday and Wednesday afternoons 12:30-3:00 pm. All residents, employees, and guests are welcome to shop with us. A long-time project of the Friends of Fairhaven, it is an all-volunteer effort. We appreciate your support since your purchases fund our donations that benefit all residents.

CURRENT EVENTS & IDEAS

Part of the purpose of our discussion group is getting to know one another and we will be doing some one-on-one dialogues in coming months as well as our usual array of interesting topics. We welcome you to join us each Tuesday afternoon 2:00-3:00 in Olm Hall.



March Resident Council Update

Lisa Taylor, February Volunteer of the Month

We are grateful that Lisa Taylor agreed to be our February Volunteer of the Month. Brian Robinson, Leisure Services, nominated her and described her as a long-time volunteer who is a definite asset to Fairhaven. After 23 years in the school system, she found a home for her talents and caring attitude by volunteering weekly at Fairhaven and with special events. In fact, she is around so much, some residents see her as a member of the staff. A resident of LaGrange, Lisa and her entire family are known for their contributions to that community and beyond. We are grateful for her contributions, her attitude, and her smile!

Resident/Volunteer of the Month nominations are always welcome!

Please leave written nominations with details about why you are nominating the resident or volunteer at Fairhaven's front desk or email kathymross@gmail.com.

Suggestion Box

The suggestion box, across from the Fairhaven residents' mailboxes, is open 24 hours a day/365 days a year and open for all residents' thoughts. We even provide a form to help guide your composition, if that'd be helpful.

Libraries

Library options abound for Fairhaven and Prairie Village residents—both have “no check out” libraries and Little Free Libraries. The Fairhaven Library is on the Lower Level (turn left off the elevator) and its Little Free Library is across from the residents' mailboxes. You're find Prairie Village's in the Community Center and that Little Free Library is on the trail between Acorn Ridge and Burr Oak Trail. Please use either or all four!

You are Invited

Resident Council meetings are held the third Thursday of the month (except August) at 9:30 am in Olm Fellowship Hall. Our next meeting is, therefore, scheduled for March 21. All Fairhaven and Prairie Village residents are encouraged to attend. The Council is an opportunity and good method to learn more about our community and provide information to Fairhaven leadership, including Department Heads. We can also help you find the best person/persons to receive your ideas and concerns. We are here as your representatives and would like to see you and hear your thoughts. Please consider attending this next—or any future—meetings.

A Message from your Council

The Fairhaven Employee Christmas Fund accepts contributions to our interest bearing account at anytime. You may give them to the Fairhaven front desk, to Neil Aiken, or can be sent to Karen Christofferson at 873 Burr Oak Trail, Whitewater. If you would like a confirmation or receipt please request one at the time of the contribution.



Did you know... St. Patrick was born in 385 AD in Roman Britain to Roman parents (Calpurnius and Conchessa). He was not Irish, instead, he was English. His **given name was Maewyn Succat**. At age 16, **St Patrick was kidnapped** by a group of Irish raiders, **and taken to Ireland**. He worked there for 6 years tending sheep and then escaped and became a priest. Legend holds that he stood atop a hillside and banished snakes from Ireland. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record, and water has surrounded Ireland since the last glacial period. St Patrick's Day has been observed by the Irish as **a religious holiday for more than 1,000 years**.

